

**Editor's Note: May is for memoirs! That's why you're getting over 50 incredible indie titles free, including an advance review copy of my new memoir, *Hell & Paradise* . Check it out [here](#) .**

***Now, let's get into it...***

**☆ This Language Makes Defenses Melt**

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*Dear Permission to be Powerful Reader,*

**Imagine this: You walk into a room.**

**Someone's mad.**

**Real mad.**

**You can cut the tension with a knife.**

**Their words? Venom.**

**Their tone? Ice-cold.**

**They're like a mad dog ready for a fight.**

***And yet, three minutes later...***

**They're not just calm—they're thanking you.**

**Maybe even hugging you.**

☞ Not because you beat them with logic...

☞ Not because you overpowered them with status....

☞ But because you did something they've never experienced before.

**You \*heard\* them.**

**That's the magic of Nonviolent Communication (NVC).**

**Most people hear that phrase and immediately tune out.**

**"Ugh. Sounds like some feel-good therapy crap."**

That's exactly what I used to think too.

**Until I realized this wasn't some soft, self-help script for spiritual pacifists.**

**It was the most hardcore emotional jiu-jitsu I'd ever seen.**

In this piece, we're going to break it down. No fluff. No theory.

Just raw, street-level persuasion magic with the power to transform arguments into intimacy.

To turn conflict into connection.

# **The Secret Weapon of Every Great Communicator Marshall Rosenberg, the founder of NVC, was no lightweight.**

He mediated between gangs. De-escalated riots. Sat in rooms with people who literally wanted to kill each other. And walked out with everyone hugging.

He discovered something radical: **People don't respond to words. They respond to whether or not they feel heard.**

And most of the time?

They don't.

Most communication isn't about connection. It's about control.

☞ **We say "You always..." or "You never..."**

☞ **We make others wrong.**

☞ **We avoid honesty.**

☞ **We hide our needs under layers of performance.**

And then we wonder why nothing changes.

Here's Rosenberg's genius: **He broke down NVC into four simple steps:** ☞ 1. Observation : *What did you see/hear? (No judgment)* ☞ 2. Feeling : *What emotion did it bring up?*

☞ 3. Need : *What human need is under that feeling?*

☞ 4. Request : *What specific thing would make it better?*

**That's it!**

*But don't be fooled by the simplicity...*

**This framework changes EVERYTHING.**

Example ☞ *"When I saw you scroll through your phone while I was talking, I felt hurt, because I need to feel heard. Would you be willing to put your phone down while we talk??"*

**Clean. Honest. No shame. No manipulation.**

And when you say it like that?

**People melt.**

When you speak in NVC, you bypass the logical brain. You go *\*straight\** to the emotional core.

**Why People Are So Defensive?**

Because they're scared.

That's it. That's the punchline.

**People defend themselves when they feel unsafe.**

**And most of the ways we talk to each other  
*\*create\** that feeling of danger.**

☞ **Criticism = attack.**

☞ **Sarcasm = shame.**

☞ **Silence = abandonment.**

## **But what if you could make people feel safe, *fast* ?**

What if you could take even the most hostile conversation and lower the temperature instantly?

That's what happens when you start listening for the *\*need\** under the words.

Rosenberg said every human action is an attempt to meet a need.

So when someone calls you selfish?

That's a tragic expression of a beautiful need. Maybe they just want consideration. Partnership. A moment of your presence.

Translate: > **"Are you feeling frustrated because you need more support from me right now?"**

Boom. Watch their face.

They go from fight mode to *\*finally feeling seen\**.

That's the power.

Marshall Rosenberg used it to save marriages.

**He was a master at making *\*people feel understood\**.**

That's what moves the needle. Always.

# What to Practice Today

You don't have to master all of it at once.

Just try these: **1. Next time you're triggered, ask: "What am I feeling? What do I need?"**

**2. When someone attacks, try to hear the need under their words.**

**3. Use the 4-step formula in small moments. Practice with yourself first.**

**4. Write an NVC-style message to someone you've been avoiding.**

**5. Make requests, not demands. A request means you're open to hearing no. That openness makes it safe for the other person to say yes.**

**Try it...**

What hearts melt...

And defenses drop.

A handwritten signature in black ink, reading "Anton Volney". The signature is stylized with long, sweeping strokes and a horizontal line underlining the name.

Until next time,

Dancer, Writer, Buddhist.

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